

# Whole Wheat Sugar Cookies

Desserts

C-30

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine or butter	12 oz	1 ½ cups	1 lb 8 oz	3 cups	1. Cream margarine or butter and sugar in mixer with paddle attachment on medium speed for 10 minutes.
Sugar	1 lb 8 oz	3 cups	3 lb	1 qt 2 cups	
Frozen whole eggs, thawed OR Fresh large eggs (see Special Tip)	6 oz	¾ cup OR 4 each	12 oz	1 ½ cups OR 7 each	2. Add eggs, vanilla, and milk. Mix for 1 minute on low speed or until smooth. Scrape down sides of bowl.
Vanilla		1 Tbsp		2 Tbsp	
Lowfat 1% milk		¾ cup		¾ cup	3. In a separate bowl, combine flour, baking powder, baking soda, salt, nutmeg, and cinnamon. Gradually add to the creamed mixture and mix for 1 minute on low speed until blended.
Whole wheat flour	1 lb 13 oz	1 qt 2 cups	3 lb 10 oz	3 qt	
Baking powder		1 Tbsp		2 Tbsp	
Baking soda		1 ½ tsp		1 Tbsp	
Salt		1 ½ tsp		1 Tbsp	
Ground nutmeg		1 tsp		2 tsp	
Ground cinnamon		1 tsp		2 tsp	
					4. Lightly coat each sheet pan (18" x 26" x 1") with pan release spray or line with parchment paper. Portion with a No. 30 scoop (2 Tbsp) in rows of 4 across and 5 down. For 50 servings, use 3 pans, 1 pan will only have 10 cookies. For 100 servings, use 4 pans.
Sugar	4 oz	½ cup	8 oz	1 cup	5. Combine sugar and cinnamon and sprinkle over cookies.
Ground cinnamon		2 tsp		1 Tbsp 1 tsp	
					6. Bake until light brown: Conventional oven: 375° F for 12 minutes Convection oven: 350° F for 6 minutes

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SERVING:	YIELD:	VOLUME:
1 cookie. For Enhanced Meal Pattern only: 1 cookie provides 1 serving of grains/breads.	<b>50 Servings:</b> about 3 lb 15 oz (dough)	<b>50 Servings:</b> about 1 quart 2 ⅔ cups (dough) 50 cookies
	<b>100 Servings:</b> about 7 lb 14 oz (dough)	<b>100 Servings:</b> about 3 quarts 1 ⅓ cup (dough) 100 cookies
Tested 2004		

Special Tip:  
For 50 servings, use 2 oz (¾ cup) dried whole eggs and ¾ cup water in place of eggs.

For 100 servings, use 3 ½ oz (1 cup 3 Tbsp) dried whole eggs and 1 cup 3 Tbsp water in place of eggs.

For a lighter texture, substitute enriched all-purpose flour for half of the whole wheat flour.

Nutrients Per Serving					
<b>Calories</b>	173	<b>Saturated Fat</b>	1.29 g	<b>Iron</b>	0.78 mg
<b>Protein</b>	2.81 g	<b>Cholesterol</b>	15 mg	<b>Calcium</b>	30 mg
<b>Carbohydrate</b>	28.22 g	<b>Vitamin A</b>	269 IU	<b>Sodium</b>	207 mg
<b>Total Fat</b>	6.17 g	<b>Vitamin C</b>	0.1 mg	<b>Dietary Fiber</b>	2.1 g